April
usgf
NEWS
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GARY MORAVA: 1953-1974
A tragic and unbelieveable loss

EDITORIAL: April 1974

It hardly seemed possible The tragic death of young Gary Morava, came to us all like some unbelieveable catastrophe that just could not have really happened. The entire gymnastics population of the nation grieved for the parents of Gary, their loss was unexpected and words seldom can convey the necessary concern of others Gary was not only a great young gymnast, but of more importance to us all he was an truly outstanding young man. We will all miss him.

The Polish men's team tour, and the women's tour that followed by the Czechoslovakian team, both have been completed. Both teams visited various parts of the nation and both tours appear to have been successful even though final reports for all stops are not yet in the national office

As of this writing we have gymnasts in the U.S.S.R. for an event in Moscow and then the annual Riga Invitational meet. The N.C.A.A. Mens' championships will be held at Penn. State University on April 4-5-6th, and then it will be time for the USGF Elite Championships for men and women, at Berkeley and Southern Illinois University respectively.

This is the year of the World's Championships, scheduled for Varna, Bulgaria in October. The USGF is organizing a tour, complete with charter flight from Chicago for those games and if you are interested please let us hear from you. Dates are approximately October 15th through 28th, so look into that possibility.

The Pan American Games are around the corner . .,. next year they will be held in Sao Paulo, Brasil . . . April 26th through May 11, 1975. The 1975 World University Games will be held in Belgrade, Yugoslavia in the month of September 1975. Then, 1976 will see Montreal host the Olympic Games.

So many things have been written and re-written about the 1974 Junior Olympic program, and some many have been mis-lead in the USGF's intentions, that it is almost beyond clarification, but I'll try. We were informed by the USOC that the USGF, as governing body should conduct the "Jr. Olympics" The rules had been clear for many years before that the appropriate governing body for a particular sport was responsible for the conduct of the event. This year, however, the USOC changed a long-standing position and now has voted that any member organization can conduct a Jr. Olympic program. I'm for that. It should have been that way historically, but was not. So now the issue is solved, and every group in the nation that holds membership in the USOC can have their own "Jr. Olympic" program. There should be no further questions . . . in fact there should now be quite a few new Junior Olympic programs to participate in during the coming years.

In 1974 the USGF will activate it's Committee on Committee's and begin to bring into an active role, some new USGF Committees. As our numbers grow and the program increases in size there appears to be a need for some spreading of responsibilities and some sharing of the work-load that some of our long standing Committee's to be in existence and now that they can serve a useful purpose we will move in that direction

Frank L. Bare
Executive Director USGF

CHANGES IN FIG CODE OF POINTS EFFECTIVE FOR NATIONAL COMPETITIONS DURING 1974

USGF WOMEN'S COMMITTEE

VAULT

1 The following vaults have been eliminated
- 1 — Straddle (horizontal)
- 2 — Layout Squat
- 3 — Layout Straddle
- 4 — Stoop (horizontal)
- 5 — Layout Stoop
- 8 — High Front through Handstand
- 14 — Handstand ¼ Turn

2 New scoring of vaults
- 9 — ¼ turn Giant Cartwheel 9.70 pts
- 15 — Handspring 9.70 pts
- 19 — Yamashita 9.70 pts

Vaults No. 6, 7, 10, 11, 12, 13, 16, 17, 18, 20, 21 and 22 retain their value of 10.00 points.

3 New Vaults:

1. Jump to inverted support with 1½ forward somersaults 10.00 pts
2 Jump to inverted support with ½ turn and backward somersault (1½) 10.00 pts
3. Jump to inverted support — cartwheel and 1½ backward somersaults 10.00 pts
4. Jump to inverted support with ¼ turn (cartwheel) crossways somersault (1½) 10.00 pts
5. Jump to inverted support — 1 turn during the first flight with forward walkover (handspring) or forward somersault (1½) — longitudinal or lengthwise turn during first flight. 10.00 pts
6 Each vault with one longitudinal or lengthwise turn during the second flight with legs stretched or flexed. 10.00 pts
7 Each vault with ½ or 1 longitudinal turn in the first phase 10.00 pts
8 1½ forward somersaults furing the first flight to inverted support, forward walkover (handspring) or any other dismount. 10.00 pts.

4 Prescriptions for the vaulting finels

a Two different vaults performed by each gymnast.

b One of the vaults must include a lengthwise or crosswise turn

c The vaults may be of the same kind, one simple, the other with a turn.

d It is permissible to execute two vaults with turns, but in this case the turns must be different

e If a gymnast executes two simple vaults and one turn is lacking, the better vault will be subject to a penalty of 1 point

f Scoring is applied to the two vaults The better executed one counts.

g The gymnast is expected to perform two vaults If she presents only one, there will be a penalty of 1 point on the mark awarded.

5 Team — Of the 12 vaults executed by each team, no more then 6 may be the same

UNEVEN BARS

Changes

1. Hecht jump from the lower bar with turn is a superior difficulty.
2. Dismount from the compulsory exercise, executed without thigh swinging and upward flight penalty 0.5 pt
(Previous penalty for repulsion and amplitude of upward flight was 0.2 + 0.2 = 0.4 pots.)
3. No stop is permitted during the exercise penalty 0.2 pt
4. Dismount with push off from feet in erect stand, squat or straddle stand from LB or HB is not accepted and will be penalized by 0.4 pts
5. From a squat or standing position on the LB, a jump or "swing" to a handstand, is an element of medium difficulty If followed by a ½ or more pirouette into another element, the combination will be a superior
6 A bounce beat (extra bending and straightening of legs) in order to pass from a squat or standing position on the low bar to a following element is to be considered as an extra swing penalty 0.5 pt
7. All other movements remain as in present Code, including LB handstands as superiors

NEW SCORING ACCOROING TO ARTICLE 7 OF THE CODE OF POINTS

OPTIONAL EXERCISES

Uneven Bars, Beam, and Floor Exercise

3 elements of superior difficulty at 1 point each 3 points
4 elements of average difficulty at 0.5 point each 2 points
Originalty and composition 2 points
Execution and amplitude of movements 2 points
General impression 1 point
5 points 5 points
TOTAL 10.00 points

The optional exercises must include 3 elements of superior difficulty and 4 elements of average difficulty Elements of superior difficulty may be substituted for elements of average difficulty. A slightly more lenient penalization in areas of execution and amplitude is necessary.

SERIES DEFINITION

A "series" is the total of all elements executed in continuity The series can be "simple", when the repetition is of one element only The "series" is "composite", when the elements which form one "series" differ from each other

BEAM

1 Time prescriptions:
- minimum duration: 1.15 minutes (75 seconds)
- maximum duration 1.35 minutes (95 seconds)

2 Composition of optional exercise

a The same element may be presented only once It may be used in a series or as a single element A series can only be recognized as a series as long as there is no stop between the elements

b A stop between the elements of a series will always incur a penalty of 0.2 point

c. Two to three static elements are allowed, but not before or after a difficult acrobatic element, otherwise the penalty will be 0.20 point each time

d. An element which already features in a series and which is presented as an independent element in the same way is considered a repetition. The penalty in this case is 0.30 point

e. However, it is permissible for the same element to be presented in a modified form (from a different starting position or if this element leads to another final position.)

f A series corresponds to only one difficulty. Its composition has no influence on its value. A series is one superior difficulty, whether its composition is 2 average or 2 superior difficulties.

g An optional exercise shall contain three acrobatic elements (or three series — maximum), but the overall composition of the exercise must comply with all the prescriptions specified in the Code of Points, utilizing at least 1 movement from each of the 8 categories: one 360° turn, one jump, movement of the body, walkover, inverted stretched support, roll, wheel movement, mount and dismount
(USGF — compositional penalty for no acrobatic element or series between mount and dismount = 0.3 point, for only one acrobatic element or series between mount and dismount = 0.2 point; for only two acrobatic elements or series between mount and dismount = 0.1 point.)
1. A series of gymnastic jumps will have the value of a single superior difficulty
2. Links or repeated little hops are not considered as a series

h A series is not compulsory for the beam exercise. It may contain 3 independent acrobatic elements

i. With regard to the composition, the following are demanded:
3 superior difficulties
4 medium difficulties which may be replaced by superior difficulties
— acrobatic elements, i.e. all kinds of free walkovers and flip-flops
— the tuck somersault is allowed as a dismount
— the tuck somersault as an element in the exercise is also allowed with these provisions
1. Responsibility for the injury, if incurred, must be accepted by the individual or in case of international meets by the Federation
2. A stop before or after will be penalized by 0.2 each time.
3. Lack of amplitude and technical faults in execution will be penalized.

FLOOR EXERCISE

1. Only the "composite series" of elements belonging to various groups of different structure will have the value of 2 superior difficulties. If the elements in a series belong to various groups of the same structure, the series will be valued as a single superior difficulty.
2. In the floor exercise, two to three series of difficulties is demanded.
3. Lack of musical accompaniment penalty is 1 point.

SPECIAL NOTICE: WOMEN'S GYMNASTICS

SPECIAL NOTICE: WOMEN'S GYMNASTICS

The site for the USGF Senior Women's National Championships, (originally scheduled for Chicago) has been moved to Denver, Colorado.
Dates: May 2, 3, 4, 1974
Meet Director: Mr. Rod Hill, 10601 West 44th, Wheat Ridge, Colo. 80033
USGF Women's Committee.

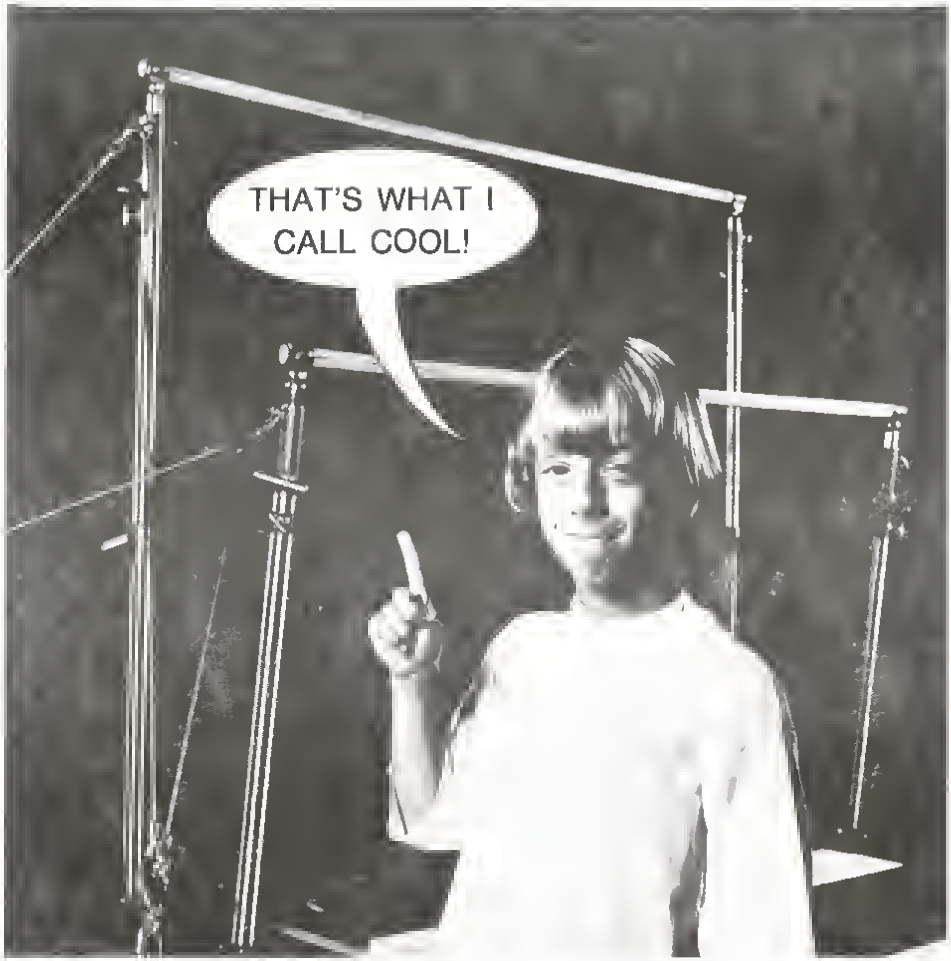
Betty Ann Meyer, newly elected member-at-large to the U.S.G.F. Governing Council began her gymnastics training at an early age, as a member of the Chicago Turners. After graduating from Chicago Teacher's College, Betty began her teaching career in the Chicago Public Schools. Her Master's degree was earned at Northwestern University. Her thesis, "Gymnastics For Grades 3-8" was a result of her research in gymnastics progressions for the average school physical education program, and won her the National Association of Gymnastics Coaches Research Award in 1963. After writing and publishing a book on basic ring progressions, Ms. Meyer was appointed to set up and write the tumbling and gymnastic curriculum guide for the Chicago Public School System. Much of this work was incorporated into Elementary Gymnastic articles for the 1965-67 and 1967-69 D.G.W.S. Gymnastics Guides.

Recognized nationally as an expert in elementary tumbling and gymnastics, Ms. Meyer has been called upon to present demonstrations and programs for schools and conventions at the National, Regional, State and Local levels, and for a number of years was a member of the staff at the National Summer Gymnastics clinic held at Michigan State University.

Having served as a judge at all levels of competition, Ms. Meyer became instrumental in reorganizing and developing the Midwest Open For Women into one of the country's top level gymnastic meets that draws competitors from Canada and all the states in the United States. Her outlines for organizing meets is included in the U.S.G.F. Women's Rules & Policies book and in the U.S.G.F. Men's Age Group Compulsory book. In 1970, Ms. Meyer was elected President of the Midwest Gymnastic Association, the first woman to be so honored, in the 25 year history of that organization and is still serving in that capacity. In 1969 she was named as the first U.S.G.F. Women's Age Group Program Committee Chairman.

At present, Ms. Meyer is an Associate Professor of Physical Education at Northeastern Illinois University where she teaches the Major's classes in Tumbling and Gymnastics, and is coach of the Women's Intercollegiate Gymnastic Team.

BETTY MEYER



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MINUTES
1973 Fall Meeting of the
NATIONAL ASSOCIATION OF COLLEGE GYMNASTICS COACHES
Marriott Hotel
St. Louis, Missouri
By Art Aldritt

I. **Call To Order: Opening Remerks**

The meeting was called to order by NACGC president Karl Schwenzfeier at 9:00 a.m., Sunday, November 4, 1973. Karl thanked the membership for their vote of confidence and encouraged all to make their ideas and suggestions known to him.

Lt Colonel Karl K. Schwenzfeier

II. **Approval Of Spring Meeting Minutes**

Minutes of the Eugene, Oregon meeting were again presented to the membership by sec't/treas, Art Aldritt. They were moved upon, seconded and approved as read.

III. **Semi-Annual Financial Report**

Treasurer Art Aldritt presented a financial report for the period April 5, through November 1, 1973. It wes reviewed and accepted as read by the membership.

IV. **Report Of Our U.S.G.F. Representative.**

Fred Orlofsky spoke on the following:

A. Solicited NACGC support for the application for a seet on the USGF governing council by the National Association of Independent Gymnastics Clubs. It was moved, seconded and approved thet Fred support their epplication.

B. Solicited discussion and NACGC endorsement for a candidate for a new USGF president to replace the outgoing president Mr. Gordon Chalmers.

1. Ed Czekaj, Athletic Director at Penn State, was suggested as a fine candidate by Fred Orlofsky.
2. Hal Frey feels that the USGF has a strong and influentiel membership now so as to no longer be dependent on NCAA A.D.'s. His suggestions for consideration were Shirley Bryan and Gene Whettstone.
3. George Kilhan, Nat'l. J.C. Executive Director, was mentioned from the floor by Bruce Davis as a good candidate and a very strong supporter of the Jr. Colleges.
4. Eric Hughes asked if the USGF governing council president must come from the ranks of that council? (If elected, one automatically becomes a member of thet council.)
   a. Past NACGC president Hughes mentioned that his previous executive committees heve felt that influential A.D.'s are able to get a lot more done than most coaches.
5. Gene Whettstone seconded the view point that their are others who could be very effective besides athletic directors.
8. Gene Whettstone declined Hal Frey's nomination of him saying that he has neither the time nor the money to do the job and prefer a more influential person.
   a. Gene spoke in behelf of his A.D. Ed Czekaj whom he had as a student. Gene says that he has tremendous influence, is a great supporter of gymnastics and hes already helped the USGF immensely.
7. Bob Peavy supported the combination of Whettstone and Czekaj as a strong and influential "team."
8. Herb Loken of Michigan spoke strongly in support of Czekaj.
   a. Herb's inquiry as to the tenure of the job was answered with — "normally a two year tenure which is often extended another four years when the officer is doing a good job."
9. Ed Gagnier spoke in behalf of Czekaj who has "great influence and power." ie. He thwarted the NCAA rules committee's recommendation of a 'six events at a time championship format" because on Gene's advice he didn't feel Penn State's facility would handle 168 men warming up plus six sets of apparatus.
10. The hand vote was unanimous for the NACGC to actively support Mr. Ed Czekaj for the presidency of the USGF.

C. Comments on the Russian Gymnastics Clinic, Toronto, Canada. Your NACGC sent Fred to this clinic presented by the Russian National Coach. Fred spoke on the techniques mechanics, and training systems employed by the Russians. (COMPLETE TEXT OF FRED'S REMARKS ARE ENCLOSED.)

V. **Revemping Of Coach Of The Year Procedures.**

A. NACGC Vice President Don Robinson, Arizona State Univ., explained the current procedure described in our by-laws. It bogged down last year it seems, as there were coordination problems between the national coach of the year (who is chairman of the committee) and the four regional coaches of the year who were to poll their respective districts. Consequently, some regional coaches of the year were decided upon at the meeting night without

adequate geographical and numerical representation.

B. The NACGC executive committee's proposal is that the Vice President be responsible for the voting procedure and that he send out a list of all coaches within each NCAA area to every NACGC member coach in that area. Each member coach is then to rank his first three choices and return them in the self addressed envelope to the Vice President IMMEDIATELY!!

1. The motion was forwarded, seconded by Dave Thor and Eric Hughes and passed unanimously by the membership.

VI. NACGC/NCAA Rules Committee Sounding Board Session:

Committee Chairman Ed Gagnier, presiding.

A. President Schwenzfeier mentioned that Frank Bare and Frank Cumiskay are advocating for the first time that the NCAA move to a complete All Around format.

B. Chairman Gagnier asked for more coaches' comments and input to the rules committee.

1. Chairman's remarks:
   a. There will be 1:00 pm., 4:00 pm., and 7:00 sessions in the NCAA championships format. The coaches banquet and NACGC presentations will be held on Wednesday evening.
   b. The PCAA qualifying status was rescinded. It was made clear that they can re-apply when ready and able to meet minimum qualifying standards.
   c. Judges cannot be protested. (See your new rule book).
   d. Presence of an illegal B" crash pad under, for instance, the high bar during a routine will result in an automatic 3 deduction whether the pad is actually used for the landing or not.
   e. All optional sessions will be judged on "competition I" this year in order to keep finalists scores in line with preliminary scores in the public's eye.
   f. Vaulting judges are now allowed within 15' of the horse.
   g. Nationally certified judges will be "encouraged" to wear blue blazers, grey slacks and tie to all meets. This wear will be required for all championships.
   h. 1-1/2 hour warm up must be provided by the host coach.
   i. Official warm up outfits must be worn by all team members during 1-1/2 hour warm up period. (The coach can designate the outfit to be conformed to.)
   j. Only eligible men who are to be in the meet are allowed on the warm-up floor.
   k. Judges must present themselves to the host coach 1/2 hour before meet time.
   l. NCAA coaches must be given free access to all NCAA sanctioned meets.
   m. High bar is to be 102" above the floor as are the rings.
   n. Base mat on P.B. is to be widened. (See dimensions in rule books.) (It is OK to exceed the 6" maximum mat thickness only when using two 4" NCAA approved mats. Use of a crash pad as a landing mat is now allowed.)
   o. The official NCAA score sheet can now be sent into NISSEN by NACGC members for statistical purposes. You no longer have to transcribe scores to a computer form.

C. Questions and comments from the floor:

1. Ted Muzyczko of the Nat'l Gymnastics Judges Assoc., announced that three pages of compulsory interpretations are available to NGJA members and can be purchased from the USGF.
2. Yes! Crash pads can be used without penalty during warm ups but must be removed for the meet.
3. Equipment companies have made up extension widths which can be purchased for your parallel mat system.
4. Yes! There will still be an at-large team entry to replace any conference champion team that doesn't meet the 300 point minimum qualifying score. (See your rule book.)
5. Coaches can designate their team's warm up attire.
6. A coach cannot protests a score, but can certainly protest incorrect rules procedure.
7. The U.S.A. Bi-Centenial is in 1976. Philadelphia is one of four cities especially designated as bi-centenial cities. Temple University has therefore, made a special bid to host the NCAA championships out of normal regional rotational order. If this were considered, normal rotational order would be resumed the next year, but the eastern region would be skipped the next time they appeared.

B. Compulsories will change after this year. Ed hopes to have them in by January.
   a. It was asked if we can realistically expect to be able to use them in that short of a time period. The college division coaches were especially concerned, feeling that we can't expect to learn and execute them within 4 months.
   b. Dava Thor suggested that we use the Pan American Games compulsories for one year as they are usually easier. We could then adopt the world compulsories for the following three years.

9. Regarding the new Rauther system takeoff board: (NCAA finals board & horse will be provided by Gym Master for 1974.)
   a. Ed feels that those who have the new Reuter board to practice with would have a definite vaulting advantage over those who do not yet have one.
   b. Rauthar board franchise addr is shown of MODERN GYMNAST magazine.
   c. Newt Loken suggests we use the boards at the eight qualifying meets and asked for a show of hands of those who have the new boards. (Only 4-6 have them.)
   d. Eric Hughes, said that it took the Americans three days to get used to the new boards at the World Games.

e. Ed Gagnier, having done his homework in checking with the equipment companies, said that none of them have them yet. Ed Zimmar of Porter Equipment Co. says that they are going to try and make them before January.

f. Gene Whettstone mentioned having had very poor luck with on time deliveries with foreign equipment, citing up to six months delivery delays.

g. Bruce Davis, who knows the Reuther salesman, said that the boards come in 1974, fifteen opted for 1975 adoption. Chairman Gagnier feels we should wait.

10. The Western Independent Qualifying host, Larry Carruthers of Portland State University, would like to change the date of that meet from the 28 – 30th of March to the 14 – 15th of March. Ed Gagnier says it is all right if all coaches involved agree. (Editors Note: The PCAA meet is for its members, a qualifying meet for Portland.)

D. Chairman Ed Gagnier suggests that for the next sounding board that each of the qualifying leagues or avenues request a five minute period for presenting their pre-discussed proposals for rules changes. He further "suggested" that each designated spokesman have 100 copies of their proposals to distribute for the coaches consideration and that he previously have arranged for adgenda time. (Editor's Note: The NACGC has neither considered nor voted on these suggested procedural changes for their meeting.) E. The NCAA Gymnastics Rules Committee will ask NGJA for their top twelve men per region. Coaches wishing to blackball a judge must submit their complaint to chairman Ed Gagnier.

VII. Format Of The 1974 NCAA Championship.
Gene Whettstone, host coach.

A. The 32nd annual NCAA championships will present an historical perspective on our sport with picture galeries, honors for old champions, etc., He hope to put on a first class overall presentation of gymnastics.

B. He wishes that there was some guarantee that the host school's team could be assured of a berth in the meet.

C. All Penn State P.E. classes in the gym will be closed from Tuesday through Saturday.

D. As over 1/3rd of current meet time is spent in warm up. Gene suggests a "complete" exact duplicate warm up facility." Given this he suggests that absolutely no one be allowed on the meet apparatus for warm up except for the prescribed few minutes before beginning each new rotational saquance. All men and judges would march in just before each of the main sessions at 1:00, 4:00 and 7:00 pm. The audience would then never have to see the main warm ups which would be taking place in the duplicate facility.

a. There would only be a short break between the first two sessions for the audience to sit through. A dinner break would separate the second and third sessions.

E. Gene asked for comments and/or questions from the floor.

a. Hal Frey is concerned about adequate warm-up time being provided. Gene explained that there will be less crowding than usual as the performing group will be out on the floor while the next group in line will have a full use of the duplicate warm-up facility for two hours.

b. Bill Meade suggested that as long as we're deviating in this respect, we go back to using Competition I, II, & III rules.

F. The following motion by NACGC President Karl Schwenzfaier was seconded and passed almost unanimously by the membership for use at the 1974 NCAA championships. (There were 2 noovotas.)

1. Instead of the current –

a. One hour warm-up on the meet apparatus, and

b. two min. warmup preceding each intra-session rotation between events, and,

c. the normal time sequence of 1:00, 4:00, and 7:00 pm., for beginning each session –

that we –

a. have a two hour warm-up session on "exact duplicate apparatus", and a

b. four min. warm up preceding each rotation between events, and,

c. that the time sequence be 1:00, 3:00 and 7:00 pm., and,

d. that the equipment companies supply "exact duplicate" equipment. (Penn State will provide it if necessary.)

VIII. General Closing Discussion.

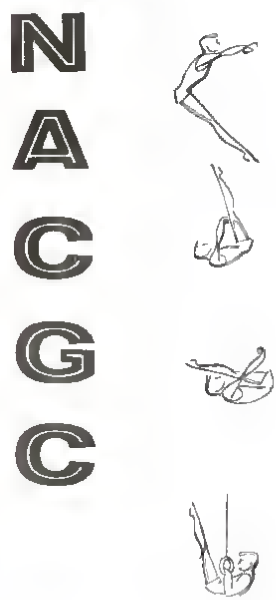
A. Bruce Davis, again speaking on the position of the Jr. Colleges, says that they will stick with Competition III rules for their finals.

B. Gene Whettstone mentioned that concrete delimation of "Combination" (2.6) is "in the wind" and will obviate "ROV" and the 10.00, 9.7, 9.4, confusion in spectators minds.

a. Fred Orlofsky feels that the judges will be able to differentiate and will keep things in proper order anyway.

IX. Adjournment.

President Karl Schwenzfaier adjourned the meeting at 11:55 am.



POLAND — 276.30 - U.S.A. 275.60

POLAND — 276 30 — U.S.A 275 60

On Sunday afternoon, February 17, 1974, at Willowbrook High School in Chicago, the National Men's Gymnastics team of Poland defeated the National Men's Gymnastics team of the U.S.A. in an exciting contest that was decided in the last event. The United States, with Gary Morava, Marshall Avener, Jay Whelan, Jim Ivicek, Brent Simmons and Jim Stephenson, led from the outset and had a 1.45 lead going into the Horizontal Bar and lost by 0.70, with three major crackups.

This National Match was the first stop of six by the Polish National Team sanctioned by the United States Gymnastics Federation and conducted under the rules of FIG, by the Illinois High School Gymnastics Coaches Association and the Mid America Judges Association. The Judges were Albert Dippong (Canada) Superior Judge, Mr Bajin (Yugoslavia), Mr Dryshchyin (Canada) Mr. Karniewicz (Poland) and Mr Muzyczko (U.S.A.)

Poland had an experienced team with fine Olympians from Munich, alhtough Michael Kubica suffered a stomach musle tear in Poland and was unable to compete. Kubica, Wilhelm Kruza, Strzalka, Marek, Pieczka and Szajna, who was the all-around winner with a great score of 57.35. Gary Morava finished second, with a fine score of 55.75, proving that he has racovered from his injury and operation.

FLOOR EXERCISE

U.S.A.	=	46.75
POLAND	=	45.90

The United States did a fine job on the floor and I thought that Poland was overscored, since most of their front and back work was low, especially when twisting. Simmons opened with an 8.95 with a clean exercise, whereas Kruza didn't hold a press, didn't hold attempted scale but did do a double full (low) and finished with a low full for an 8.95. Avener had a fine routine with a double back, double full and dismount for a 9.40. Whelan had a fine opening combination to a double full and finished with a double full (although low and legs apart) for a 8.30. Marek, although he managed a low double full, had leg trouble and finished with a tucked back for a high 8.90. Morava was all class with his fine tumbling, double back, good style and finishing double full for a 9.50. W. Kubica had a 9.20 (high), didn't hold press and low on finishing full. Szajwa was the class of the Polish Team all night and started with a high double beck, however, he made no attempt to stand and just rolled into a back roll on landing. He works well and scored a 9.55.

POMMEL HORSE

U.S.A.	=	44.85
POLAND	=	45.30

Strzalka led off and fell off for an 8.45 and Simmons followed and sat down for an 8.35. Stephenson needs work on the horse with low scissors a sit and stop and minimal difficulty for an 8.25. Ivicek is improving, his difficulty has improved, his legs are still bending and parting but he finished strong with a loop, hop loop dismount. Preczka sat down for an 8.95. Whelan was fast and wild for an 8.95. Szajna had a clean exercise (low scissors) and finished with a Shurlock loop off for a 9.35 which was his low for the night. Morava looked better than Kubica (who had a stop) yet both scored 9.20. Gary was a little stiff but appears to be getting better vary time he competes. Avener was superb — underscored with a 9.40. All competitors have low scissors according to the rules and all the scores would be lower if those rules were followed. After the Pommel Horse, which we lost by 0.45, we still had a lead, of 0.40 of a point — 9.60 to 91.20.

RINGS

U.S.A.	=	46.80
POLAND	=	46.65

Whelan opened for the U.S. shaky on handstand, high on front lever and a weak exercise for an 8.70 and Marek for Poland was very weak with a gift 8.50. The rest of the exercises were very good. Morava is now able to hold a Cross, Simmons looked great on his giant swing to a full dismount (9.35). Avener, 9.50, Ivicek, 9.50 and Stephenson, 9.55. Poland used more strength with Szajna using a whippet with continuation to a handstand but his inverted handstand was too high and finished with a full as compared with double fulls or duble backs by all Americans except the great high full by Simmons. Szajna received a high 9.55. It was evident that the Americans also used straight arms more than the Poles. Kubica did a full over from handstand to a high Cross (which enabled him to pull to "L" support). After the Rings, the Americans led by 0.55 points — 138.40 to 137.85.85

VAULTING

1. MAREK — Poor undetermined vault) — ½ twist? 8.00
2. WHELAN — (Full twist - legs open?) 9.15
3. KRUZA — (Full Twist - bad feet) 9.15
4. MORAVA — (Double front - little low) 9.40
5. STRZALKA — (Full twist - bad legs & stand) 8.45
6. SIMMONS — (Full twist - crooked - bad side step) 8.95
7. KUBICA, W. — (Round Off Back low land on floor) 8.90
8. STEPHENSON — (Round Off Back Crooked) 9.30
9. PIECZKA — (Full twist - legs - staps) 8.80
10. AVENER — (Round Off Pike beck underscored) 9.30
11. SZAJNA — (Double front - high - good) 9.65
12. IVICEK — (1½ twist - stand ½ pt grip deduct) 8.55

This was a good exhibition of vaulting by the Americans. They all have succeeded in getting height and distance. They won the event by 1.15 points and at this point the score was U.S.A. — 184.50 - Poland - 182.80.

PARALLEL BARS

U.S.A.	=	46.35
POLAND	=	46.60

This was a hotly contested event with only Kruza and Simmons scoring less than 9.00 (they both had major breaks).

Avener had a fine exercise with an underscored 9.35 — he would do well to get a different beginning — jump straddle on end to circles — the rest is good and really swings with a great back catch and uprise back stutz and back off. Morava also was clean and a 9.35. Ivicak with a perfect Diamadov and a 9.50 but it was Szajna with a glide kip in the middle to immediate cut straddle beckward to a planoke and press out to a handstand. His stutz and back salto was great with a front off with a ½ twist. Kubica started

by jumping to a straddle "L" on one bar press, back salto, stutz and high front uprise stutz and a good back off

Both teams were very good and at the conclusion of the Parallel Bars we were leading by 1 45 points U S A 230 85 — Poland 229 40

HORIZONTAL BAR

U.S.A	=	44.75
POLAND	=	46 90

This event was hard to believe — Avener, who had 9 40, 9 40, 9 50, 9 30, 9 35 and with a possible 9.40 to score a 57 35 started to a Takemato end came out crooked to an intermediate swing and although finishing with a high double, scored a deserved 8 00 Moreva followed with a fine 9 40 and now it was Whelan's turn to stall on a Russian giant for an 8 25 It still was possible to recoup as Pieczka also broke for an 8 95 As it turned out an 8 80 by Stephenson would win but he also stalled a Russian, got back on and stalled again for a 6 55 Simmons scored a 9 50 but it was too alte. Kubica (with 9 45) and Szajna with 9 70 finished in style to win by 0 70 points A disappointing finish by us, but the team looks promising and a better future lies ahead

Poland will visit Lansing, Michigan, Tulsa, Oklahoma, Dallas, Texas, Baltimore, Maryland, and New Haven, Connecticut

Frank Walsh, President of the I H S G C A and Ted Muzyczko, Executive Director of the N G J A spearheaded the Polish visit to Chicago.

Frank J Cumiskey
(Your Around The-Country-with-Cumiskey Reporter)

CALENDAR OF EVENTS

March 2-29
Russia, 2 competitions, Moscow News & Riga
Frank Cumiskey, Hal Frey, Linda Metheny, James Ivicek, John Crosby, Debbie Fike, Kyte Gaynor, Nancy Thies

March 23, 24
2nd qualifying round for Elite Women, Wilmington Delaware

April 1-7
South African Cup
Frank Cumiskey, John Crosby, Debbie Fike, Nancy Thies

April 4-6
NCAA Championships, Penn State University

April 26, 27
4 qualifying rounds for USGF Elite

May 10-11
USGF Elite, Berkeley, Calif , Men

May 30, 31 — June 1
USGF Elite — Southern Illinois University, Women

June 4-10
Bulgarian Cup "Zlatni piassatzi" (Golden Sands Invitational)

June 15-16
3rd International Cup, Antibes, France (Women only)

May 31, June 1, 2, 1974
Second Annual Southwestern Regional Gymnastics Workshop & Clinic, University of California at Riverside, Riverside, California
For info contact
Mr Tom Edson
Riverside County Schools Office
P O Box 868
Riverside, Calif

Set , April 13, 1974
Messachusetts USGF Open Gymnastics Championships for Men, Thomes F Costello Gymnasium, Lowell Tech Institute, Lowell, Mass
For information call:
Richerd Aronson
52 Evelyn Road
Needham, Mass 02194
Ph. 454-7811 Ext 270

ONTARIO GYMNASTIC FEDERATION TECHNICAL DIRECTOR

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ONTARIO GYMNASTIC FEOERATION

TECNHICAL DIRECTOR

POSITION· Full time Technical Directors, responsible to the Men's (1) and Women's (1) Technical Committees of an amateur sport governing body of the Province of Ontario Responsible for the planning, recommendation and execution of programs in the technical areas of gymnastics Communication with member clubs, and National sport govarning body Technical Co ordinator They will also assist in formulating policies aimed at developing and promoting the sport

INOIVIOUALS: Men or women with extensive coaching or judging experience who are able to communicate effectively Ability to plan developmental programs and to contribute coaching expertise to elite levels Biomechanics and physiology education in advantage Teaching experience an asset

LOCATION: Toronto

SALARY. To ba negotiated according to education and experience

Written applications marked confidential, accompanied by a resume, should be directed to

THE ADMINISTRATIVE DIRECTOR,
THE ONTARIO GYMNASTIC FEOERATION,
559 JARVIS STREET,
TORONTO, ONTARIO
M4Y 2J1

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WANTED

Full time Director and Coach

Girl's Gymnastics
contact
Mr Robert McCormick
Covina Gymnastics Center
816 No Grand Avenue
Covina California 91724

SCHEDULE OF EVENTS

CALENDAR OF EVENTS

This newsletter will be sent out to you bi-monthly. If you have any dates or information concerning gymnastics that you would like included, please send it to me before the end of the preceeding month. The next letter will be sent out in May.

March 22, 23
NAIA Gymnastics Championships, Ft. Hays St. U., Hays, Kansas

22 & 23
Second Qualifying round for USGF Elites, U. of Beleware, Wilmington.

28, 29, 30
SIGL Championships, Chapel Hill, N.C.

28, 29, 30
NCAA College Div. Gymnastics Championships, Springfield Colo., Springfield, Mass.

29, 30
USGF Region VIII Championships, Gymnastics USA Meet Director, Dan Garcia, 3630 Redmon Dr., Nashville, Tn. 37209

April 4, 5, 6
AIAW National Championships, Sacramento, Calif.

17
German Team at LSU

18, 19, 20
USGF Jr. Nationals, California State Univ., Hayward, Calif. Meet Director Jim Gault, 974 Hawthorn Dr., Lafayette, Calif. 94549.

19 & 20
YMCA Nationals, Seattle, Wash.

25, 26, 27
AAU Sr. Nationals, Eastern Montana Col., Billings, Montana

Elite National Open Age Group Tumbling Championships

8 years & under	13 & 14 years
9 & 10 years	15 & 16 years
11 & 12 years	17 years & over

36 Trophy's and 72 medals will be awarded April 27, Registration 9:00 a.m., Hawood Flossmoor High School, Flossmooor, Ill. Entry Fee $3.00. All entrants must be able to do a flip-flop.

Meet sanctioned by
United States Gymnastics Federation
Make checks payable to
James Rosanas
10412 S. St. Louis
Chicago, Illinois 60655
238-0046 (312)

"A Female Gymnasts' Alibi Sheet"

CLARION STATE COLLEGE

After reading "A Male Gymnasts' Alibi Sheet" on page twenty-one of the February **USGF News**, my group of young ladies came up with some of their own.

Following is "A Female Gymnasts' Alibi Sheet", compiled during practice.

1. I forgot to rosin up.
2. My leotard was riding up.
3. My hands were too sweety, I needed more chalk.
4. There wasn't enough spit on my grips.
5. My grips kept coming loose.
6. My bra strap broke.
7. There was a hole in my footies.
8. The reuther board was crooked.
9. The beam kept shaking.
10. The bars weren't set right.
11. The reuther board wasn't springy enough.
12. I heve to go to the bathroom.
13. My hips were too sore.
14. Noone was sitting on the bars.
15. My stomach was growling.
16. I ate too much for breakfast.
17. My contact lenses were foggy.
18. I'm overweight.
19. The judges took off for all of my bruises.
20. I was too tired, I need another candy bar.
21. My nose wes running.
22. It wouldn't be polite to win all the time.
23. My hand slipped.

"A Female Gymnasts' Alibi Sheet"

JAN HEPPNER, Coach

SCHEDULE OF EVENTS

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Dear Editor,

The following material lists the dates, sites and clinic directors for our summer gymnastic clinics which are conducted by WORLD OF GYMNASTICS, Inc. We would appreciate your publishing this information in your newsletter

Dates	Site	Clinic Director & Address
June 16 thru June 21	Purdue University, Indiana	Sally Phillips, Clinic Director Business Office
June 23 thru June 28	Purdue University, Indiana	C.E. Room 110, Stewert Center Purdue University Lafayette, Indiana 47807
June 30 thru July 5	Miami University of Ohio	Sally Meyers, Clinic Director Herron Hall Miami University Oxford, Ohio 45056
July 7 thru July 12	Westfield State Collgee, Mass.	Barbara Hart, Clinic Director Westfield Gymnastic Worksbop Westfield State College Westfield, Mass. 01085
July 28 thru Aug. 2	Sanford School, Hockessin, Del.	Pat & Ed Knepper, Clinic Directors 235 Pinehurst Road Wilmington, Delaware 19803
Aug. 4 thru Aug. 9	University of Richmond, Va.	Judy & Gordon Shaw, Clinic Directors 8128 Brown Road Richmond, Virginia 23235
Aug. 11 thru Aug. 16		
Aug. 19 thru Aug. 25	Camp Ramblewood, Darling, Md.	Rick Tucker, Clinic Director 816 A. Dartmouth Road Baltimore, Maryland 21212
June 30 thru July 5 July 7 thru July 12 July 14 thru July 19 July 21 thru July 26 July 28 thru Aug. 2 Aug. 4 thru Aug. 9	Blue Mountain Sports Camp Programmed and staffed by WORLD OF GYMNASTICS, Inc.	Betty & Danny Davis, Clinic Directors Box 198 Mountainhome, Penna. 18342

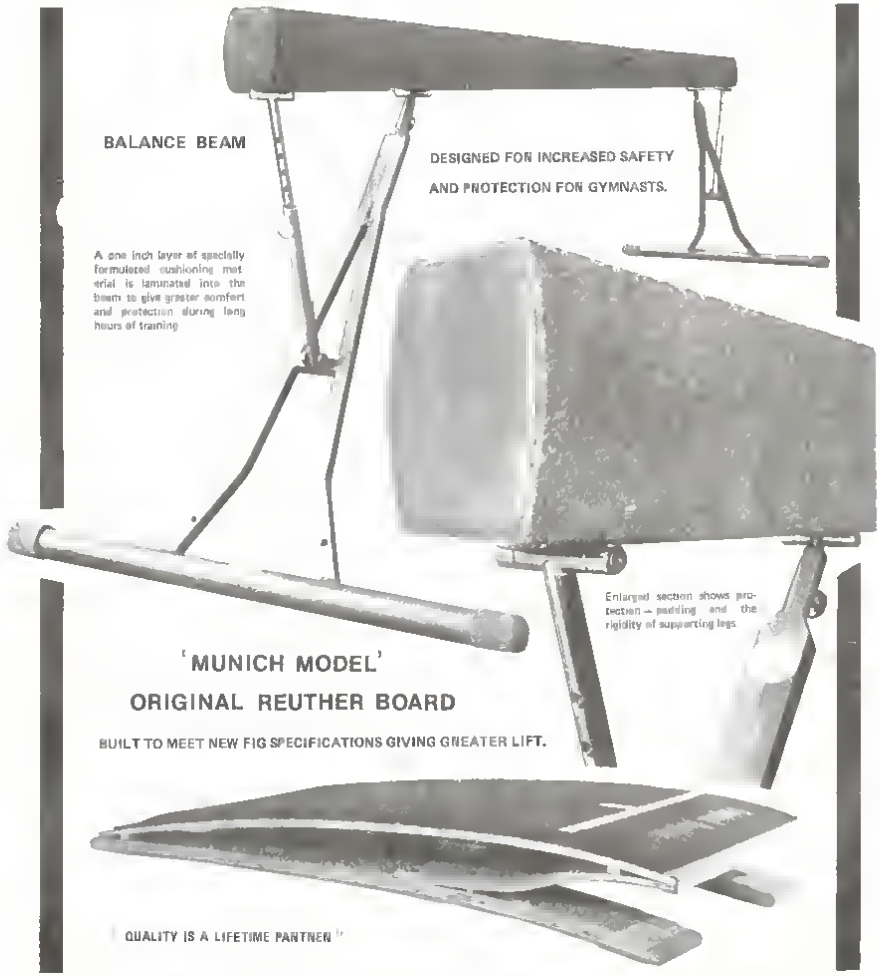
USGF WOMEN'S COMMITTEE

GEORGE WASHINGTON UNIVERSITY
WASHINGTON, D.C.
FIG NATIONAL COURSE
August 10, 11, 12, 13, 1974
Instructors:
Mrs. Fie, Mrs. Weaver, Ms. Sharon Valley
Open to all USGF/DWGW
Nat. Ret. Officials
They will be contacted.

Varina French has been appointed by the USGF, to the position of Certification Coordinator of the Woman's Gymnastics Certification Committee. USGF DGWS

Please change your records to effect this change and direct reports and correspondence to Varina. Varina French, Route 1 Box 245, Forest Grove, Oregon 97116.

ORIGINAL REUTHER PRODUCTS!



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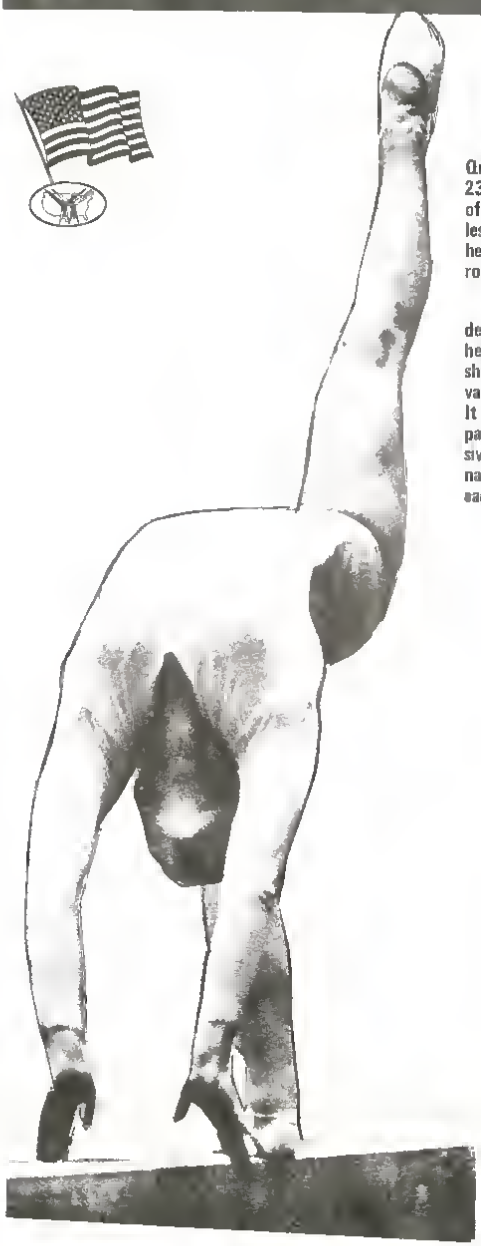
2nd Elite Qualifying Trials



For thousands of spectators, tha Second Elita Qualifying Trials, held at tha University of Delaware on March 22-23rd, was truly a spactacular introduction to the wondarful world of gymnastics The meet Director, Mr. Ed Knepper, spent countless hours praparing for this avent, and for othars working tha meet he added the much-appraciatad bonus of a wall-stockad hospitality room.

The meet was organized down to the finest detarls. Over fifty of this nations finest gymnasts displayad naw heights of achievamant. In an atmoshpere of good sportsmanship, maamingful communication and cooperation, the gymnasts vaultad and tumbled their way into tha haarts of the audience. It was a joy to watch, and most exciting of all whera the unevan parallal bar performances Tha laval of difficulty was impras sive. There can no longar ba any doubt that tha youthful gymnasts of this country are aqual to any challenge, and they ara aagar to competa for their country.

Bright colored leotards,
Pony tails flying , gymnasts flawlass
Coaches smiling.

Balanca baam beautiful, bars are swinging,
Vaults superb, Floor Exarcise bringing--
naw lifa, music and danca.

Tumbling moves soaring, but best of all....
Rewarding scoring !

Audrey Schweyer, Author.

Additional information and complete results will be included in the next issue of the USGF NEWS

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A NEW BOOK: MODERN RYTHMIC GYMNASTICS

By Mrs Mildred Prchal, Chairman
USGF Modern Rythmic Gymnastics Committee

A new publication, in the field of Modern Rythmic Gymnastics, prepared by Mrs Mildred Prchal, is now off the presses This newest of Mildred's efforts has brought Classs Three routines, with and without hand apparatus , into the same publication that carries Class II and for the first time Class I, routines. Music is included, along with the usual excellent drawings that are a trademark of the work of Mrs Prchal Replaces previous editions of USGF books for Class III, and Class II.

Order from the USGF Box 4699, Tucson,Az 85717
Price $4.00

PROGRAM FOR
MODERN RYTHMIC GYMNASTICS
CLASS I, II, III.

★ ★ ★ ★ ★

THE U.S.G.F. WOMEN'S COMMITTEE ANNOUNCES

WORLD GAMES STAFF

1974

The USGF Women's Committee announces the selection of Muriel Grossfeld as Coach for the 1974 World Championships to be held in Varna, Bulgaria in October. Also selected as Manager was Mrs. Ernestine Carter Weaver. The Women's Committee made the selection based on a long-standing record of achievement by both ladies, and in consideration of their abilities as coaches as well as team leaders.

The selections have been approved by the National Office, and are hereby announced as final appointments.

Ms. Shirley Bryan, Chairman
U. S. G. F. WOMEN'S COMM

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ZDENA DORNAKOVA
(Czechoslovakia 1974)

One of the Czech women gymnast, shown on the beam....final report on the USA Tour by Czech team will be in next issue of the USGF News

In keeping with a resolution passed at the 1973 USGF Governing Council meeting the following financial report for the fiscal year from September 1, 1972 through August 31, 1973 is presented It represents accurately, the financial status of the United States Gymnastics Federation for the period of time so indicated.

For the United States Gymnastics Federation

Frank L. Bare, Executive Director

THE UNITED STATES GYMNASTICS FEDERATION

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STATEMENT OF CASH BALANCE AND RECORDED CASH RECEIPTS AND DISBURSEMENTS

Year ended August 31, 1973

Cash balance, September 1, 1972			$ 1,755
Cash receipts:			
Special events and broadcasting rights	$166,781		
Printing	61,507		
Grants	27,500		
Women's Committee	7,500		
Contributions	5,444		
Sanction fees and membership dues	2,343		
Reimbursed expenses and other	2,202		
Proceeds from bank loan	4,000		
Total receipts		277,277	
Cash disbursements:			
Special events	71,607		
Printing	42,114		
Administrative	108,684		
Total disbursements		222,405	
Excess of cash receipts over cash disbursements			54,872
Cash balance, August 31, 1973			$56,627
Cash balance, August 31, 1973 composed of:			
Checking accounts			$40,055
Certificate of deposit			16,572
			$56,627

ARTHUR YOUNG & COMPANY

United States Gymnastics Federation
Executive Offices, P. O. Box 4699, Tucson, Arizona 85717

To:

[redacted] #5
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